

John enjoys running, cycling, swimming and lifting weights. "Working out is my meditation. I can still run a 10K in 6 minutes per mile on average."

John Turnbull  
Sports Services  
Director  
Parks and  
Recreation

CYCLING



"If you are stuck on a problem or lost your creativity, do an endurance workout." -- John

**be active tip:** The City offers a Bicycle Commuter Benefit to all employees who bike to work more than they drive in any given month.